Thriving Through The Arts
Artists blooming in Playing with Paint Series

Artist and Kings Crossing resident, Linda Tran, chats with Playing with Paint Class instructor and Episcopal Homes volunteer, Joanie Delamater.
Mission:
Our mission is to enrich life and build community for older adults.

Values:
Respect: We honor the inherent worth, dignity and unique individuality of every human being.
Hospitality: Everything we do has a heartfelt message of welcome and our home is a place of comfort and nourishment.
Community: We establish relationships of trust and belonging where each person benefits from and contributes to a culture of mutual care and commitment.
Tradition: We celebrate our Episcopal spiritual heritage, our 120 plus years of history and reputation of quality of service, and the multicultural traditions of our urban community.
Learning: We are responsive to changing needs, and embrace innovation in our programs, facilities and services.
Stewardship: We hold ourselves accountable for our decisions that affect people and to high standards of ethics and prudent use of resources.

Today, Episcopal Homes serves 1,100 older adults annually who reside within nine communities situated at key light rail stops along University Avenue in St. Paul.

Episcopal Homes communities offer a full continuum of service from independent apartments, home care and assisted living to memory, skilled and rehabilitative care including 50% of homes offering subsidized affordable housing.

But just as housing and healthcare are essential, the true differentiator of Episcopal Homes is the focus on creating communities that enrich the lives of older adults. We do this by promoting active civic engagement and vitality of a diverse population of seniors.

Randall Fane
Muktar Farah
Marjorie Fletcher
Michael Folayan
Susan Folayan
Julie Fromm
Judith Goff
Mazin Hasabelnasoul
Cheryl Holcomb
Gabriel Jabir
Khadir Jami
Tee Kinno
Karen Klemond
Peti Lahbule
Anne Lamps
Teresa Lara-Martinez
Eileen Lardy
Serina Lawal
Brian Lilliquist
Jane Livingston
Hannia Martin
Bethany Maury
Seon Maury
Lacarea McMillian
Sharon Mills
Cassidy Mullins
David Nash
Matthew Rodgers
Steve Sarrasin
Christine Shoemaker
Patrick Showalter
Yvonne Simmons

Elijah Soss
Paul Stokke
Anta Thosaengsi
Sean Tornes
See Vang
Omeisha Walton
Mariasiona White
Aaron Willkerson
Armoni Williams

Up to 9 hours
Amal Ahmed
Jacob Albreck
Bassim Alzayyadeh
Kate Anderson
Faith Ashamu
Keara Callahan
Cynthia Clamons
Aidan Clark
Edith Eminggs
Tosin Faniyi
Blong Hey
Folabyi Folayan
Josephine Fotsch
Penelope George
Regina Hadi
Belinda Hickman
Daryon Hicks
Mark Hinton

Contact
Ksimonson@episcopalhomes.org
(651) 288-3688

If you volunteer with us and don’t see your name, please let us know!

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Chief Advancement Officer
Episcopal Homes Foundation

Jim Tift
Member, Board of Trustees
Assistant Professor, St. Catherine University

Jennifer Newberg
Director of Development
Episcopal Homes Foundation

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Mai Pai
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Marvin Schaeffer
Sharon Scott
Cameron Sedlack
Shuruthi Sethil
Yane Sima
Laurel Stiebler
Stephen Weber
Henry West
Susan Wyble

If you volunteer with us and don’t see your name, please let us know!
Contact Ksimonson@episcopalhomes.org
to be included in our new Epiphany Volunteer program.
Dear Friends,

As I look back on this past year, I am humbled by the commitment to service and love demonstrated by you - our donors, coworkers, churches, volunteers, resident elders, families and community. Each day, I am surrounded by people with such passion for life and one another. The culture of Episcopal Homes is like something I've never experienced.

I appreciate that our founder, Sister Annette Relf's vision of a community where elders' lives are valued and enriched remains alive. I am struck that her vision has survived through two world wars, the Great Depression, near doubling of life expectancy, origination of Social Security, and the demise and rebirth of our St. Paul University Avenue neighborhood. Clearly, Episcopal Homes is not great because it is old; it is old because it is great.

Your contributions in all shapes and sizes of time, talent and treasure remain pivotal to Episcopal Homes' secure foundation and capacity to provide rich fitness, learning, art, and spiritual programming to actively engage older adults in ways that explore new talents, form community relationships and foster whole person wellbeing. These Life+ Wellness, Creative Ventures and Spiritual Life programs are described throughout our 2017 Annual Report along with stories of real lives impacted, including the lives of Barbara, Nancy, Doris, Will, Esther, Peter and little Matthew, Marianne and her father, Lindy and Kay. Our 2017 Annual Retreat characterized these programs and their impacts as our Big Shiny Soul and the relationships formed among staff, elders, families and volunteers through their delivery as extravagant love. Again, the culture of Episcopal Homes is something I've never experienced.

I am honored to be a part of Sister Annette's legacy, and grateful to work alongside friends like you to help sustain and grow this precious community resource.

With gratitude,

Mary Routhieaux
Chief Advancement Officer
Episcopal Homes of Minnesota

Our Mission Reaches Far Beyond Housing

Volunteers Partnering Organizations

Ally Business Solutions
Avivo (Formerly Resource)
Communciation
Concordia University
Cub Scouts Pack #70 of Saint Paul
Hired
Hubbs Center
Kaposia
Leap School
Minnesota Internship Center (MNIC)
Ramsey County ULead
Ramsey County Workforce Solutions
St. Clement's Episcopal Church
St. Mark's Catholic Church
St. Paul Academy
SPPS: Focus Beyond Transition Services
University of Minnesota Alzheimer's
Buddies
University of St. Thomas Harmony crew
University of St. Thomas Honor Students
Youth Orchestra from girls of Shoreview
YouthWorks

100 Hours or greater

Tarig Abdullah
Weymouth Berry
Christina Boehm Carlson
Cherie Boen
Gabe Bolden
Carol Bratron
Christine Butter
Denise Cole
Lois Cutler
Sears Eldridge
James Faunce Zimmerman
Amy Fisller
Carol Forbes
Ken Gold
Peter Gove
Dick Guitton
Kawyoung Her
Ken Hobbins
Tom Hove
Chris Howard
Marla Jones
Marianne Kosel
Mary LiJa
Cathy McCaillister
Marion McCarthy
Robert McClay
The Rev. Diane McGowan
Chapmany Nhul
Joan Nichols
Brian Ontseno
Tha Paw
Dae Jaun Payne
Jean Probst
Sherry Schack
Brien Slawik
Bob Slupika
Yullan Suarez
Gillian Sweet
Ronald Zeno Taylor
Wade Tobin
Lindy Westgard
Lillian Zoltai

50 Hours or greater

Zamzam Adam
Hodan Ahmed
Vera Alenov
Fadumo Ali
Nika Atkins
Nick Conway
Marilyn Dayton
Dianne Del Gorno
Arion Diggis
Jessica Garcia
Htoo Ge
Cesar Gomez
Quentina Howell
Carol McClellan
Richard ‘Mac’ McClellan
Emily Morris
Karen Murdock
Jay Overbaugh
Sharon Overbaugh
Keiko Takahashi
Shen Yen Vang
Rolf Westgard
John Williams
Michael Zander

10 Hours or greater

Muntaha Abdu
Iqo Abdullah
Brandon Ashcraft
Sierra Bachler
Hamid Bakhshi
Laron Banks
Jessica Bennett
Bjorn Birkeland
Benita Caldwell
Andrellyn Capua
Lori Carpenter
Nick Conway
Tessa Day
Joanie Delamater
Xavier Demello
David Duncan
Lau Eh

16

REPORT

Our Mission Reaches Far Beyond Housing

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Hired
Hubbs Center
Kaposia
Leap School
Minnesota Internship Center (MNIC)
Ramsey County ULead
Ramsey County Workforce Solutions
St. Clement's Episcopal Church
St. Mark's Catholic Church
St. Paul Academy
SPPS: Focus Beyond Transition Services
University of Minnesota Alzheimer's
Buddies
University of St. Thomas Harmony crew
University of St. Thomas Honor Students
Youth Orchestra from girls of Shoreview
YouthWorks

100 Hours or greater

Tarig Abdullah
Weymouth Berry
Christina Boehm Carlson
Cherie Boen
Gabe Bolden
Carol Bratron
Christine Butter
Denise Cole
Lois Cutler
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Sharon Overbaugh
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Rolf Westgard
John Williams
Michael Zander

10 Hours or greater

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Donor Recognition Event 2018: Mayor Carter shares vision for St. Paul

This Spring, Episcopal Homes welcomed long time donors to a gathering at Becketwood to celebrate the generosity, commitment and vision that has sustained our community for generations.

The gathering created an opportunity to sip, savor and enjoy conversations about shared passions for Episcopal Homes’ mission: Enriching Life and Building Community for Older Adults. Representatives from Spiritual Life, Creative Ventures, and Life+ Wellness were on hand to demonstrate how, through their program offerings, relationships deepen, enrichment manifests and quality of life grows.

What became evident throughout the evening is that the Community that gets built isn’t just for the residents during the time they live at Episcopal Homes, but it extends to their families. That family relationship remains a legacy that, if well-cultivated, deepens in connection over time and expands the Episcopal Homes family in perpetuity.

St. Paul Mayor, Melvin Carter III, keynote speaker for the Donor Appreciation Event, represents our Community to ensure his grandpa could attend. He shared what it meant to have, not only a continuum of care but a caring community available as his grandson’s health began to decline and his grandfather carried on without her.

Mayor Carter reminisces about his family history at Episcopal Homes, where is grandmother and grandfather lived and where he was married to his wife, Sakeena.

Cornelia House in 2005 to be closer to his wife, who was an Episcopal Church Home resident. Generous with his talents, he performed across our campuses for many years, entertaining generations of residents, visitors, and staff. It was clear Mayor Carter was speaking to family; it was his family. He remembered about how visits to Episcopal Homes were a regular part of his life and his siblings’ daily lives. He shared how Episcopal Homes was a gathering place for countless of his family’s memories: how he visited weekly as a boy for piano lessons with his grandson and how he and his wife celebrated their wedding within our Community to ensure his grandpa could attend. He shared what it meant to have, not only a continuum of care but a caring community available as his grandson’s health began to decline and his grandfather carried on without her. "When I came to a candidate’s forum here in 2017, I knew I had the home field advantage," he joked. "I just wasn’t sure if people were coming to hear me speak, or if they were expecting to hear the other Mel Carter!"

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Mary Armitage
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Donor leads a toast.
Elders’ Active Contributions Make Community THRIVE!

Thanks to scientific advancements, older adults today can expect to live twice as long as their peers at the turn of the century. Longer lifespans and doubling of our age 60 and older population has us actively exploring how to live better and how we truly desire to age. The questions appear as intriguing as the science itself.

The World Health Organization (WHO) notes that our approach to aging can either positively impact or pose one of the greatest present risks to the health of our communities. While illness and disease are realities of aging, our physical and mental wellbeing, functional ability and vitality can be shaped throughout our entire lifespan – our environments and choices truly affect our ability to THRIVE.

At Episcopal Homes, we work hard to shape our environment, programming and culture to support and promote the whole person wellbeing of our community members. In 2015, campus support and promotion of our campus’ whole person wellbeing across six domains: spiritual, physical, intellectual, vocational, social and emotional.

Recently a book club hosted by our Spiritual Life Team discussed a ground breaking work by Father Richard Rohr called, Falling Upward, which challenges us to consider how we can become elders, rather than simply older. A 16-week watercolor series, recently hosted by our Creative Ventures Team, challenged and participating elders to develop a new skill and share their wisdom with the next generation through a public art exhibit. Members of our Life+ Wellness Team recently attended a national training by Rock Steady Boxing to bring a new program to campus to support balance, strength and resiliency of our elders managing Parkinson’s Disease.

Elders don’t just receive services, they actively contribute their own knowledge and expertise on program committees and as wellness employees, volunteers, participants and donors. Their engagement as co-creators of programming is fundraising to support delivery of programming in these new spaces in response to what elders tell us they want and need to age well. Specifically, they tell us they are healthiest when their basic needs are met and when they have opportunities to maintain their physical health, continue to learn and grow, remain socially connected, explore their meaning and purpose, and feel valued for the skills and talents they bring.

Spiritual Life, Life+ Wellness and Creative Ventures form our program suite for fostering whole person wellbeing across six domains: spiritual, physical, intellectual, vocational, social and emotional. Recently, a book club hosted by our Spiritual Life Team discussed a ground breaking work by Father Richard Rohr called, Falling Upward, which challenges us to consider how we can become elders, rather than simply older. A 16-week watercolor series, recently hosted by our Creative Ventures Team, challenged and participating elders to develop a new skill and share their wisdom with the next generation through a public art exhibit. Members of our Life+ Wellness Team recently attended a national training by Rock Steady Boxing to bring a new program to campus to support balance, strength and resiliency of our elders managing Parkinson’s Disease.

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focused on thriving, rather than simply surviving our later years! In addition to sharing their talents for the good of the whole community, elders’ engagement enriches their own healthful, meaningful living throughout their late life journey.

**Life+ Wellness** engages exercise science and physical therapy staff, partners like Midway YMCA, and elders in delivering weekly aqua fitness, tai chi, chair yoga, personal training and independent fitness activities.

**Creative Ventures** builds upon the expertise of our elders and community partnerships with organizations like MacPhail, Tu Dance, St. Paul Performing Arts High School, partnerships with organizations like MacPhail, the expertise of our elders and community

**Spiritual Life** serves honor all faith traditions and are delivered by an interdenominational team of employed and volunteer chaplains who build upon personal relationships with residents and families to help navigate grief, loss, and complex late life transitions. They support elders in their search for purpose and meaning throughout the lifespan. Through partnerships with area churches, we also train lay ministry volunteers to extend our capacity to promote the spiritual well-being of the 1,100 elders we serve each year.

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Marguerite Smith†
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St. John the Evangelist Episcopal Church, Saint Paul
St. Luke’s Episcopal Church, Minneapolis
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Mike Trossen
Philip B. & Anne E. Vander Haar
Cynthia Verhey
Ellen Watters
Mary Whiteman
Jerry Woelfl & Becky Garthofner
Patricia Zajac

of $500 or greater

Anonymous (2)
Brian Anderson & Leann Rock
Judy Burns
Dr. Thomas Clayton
Mary Dooley
Edward & Monica Cook
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Lois & John Culter
Mary Dwyer
James† & Gloria Delano
Tom & Kristen Delano
Mark Dooley
The Rev. Jan & Dick Dougherty
The Rev. Larry & Elizabeth Drumm
Heidi Elmgquist
Andrea & Patrick Erickson

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David & Kathleen Carlsen
Denise & Justin Cole

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John B. & Virginia Edgerton††
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“Continuing a Legacy of Service”

Board member, Peter Gove, exemplifies the longstanding family support Episcopal Homes is so fortunate to benefit from. Peter marveled at his father, Will Gove’s, commitment and service to his faith community, including his service for 50 years as a member of St. George’s Episcopal Church in St. Louis Park, his distinguished career as a Honeywell executive and World War II veteran, and his volunteer leadership on behalf of Episcopal Homes.

Will and Denise Gove were among the first dozen residents of the Beckettwood Senior Cooperative in Minneapolis, which Episcopal Homes played a key role in founding back in 1981 and still manages today. Peter’s father lived at Beckettwood for 22 years. At the time of his passing, Will was co-leading Episcopal Homes’ first capital campaign. Peter remembers his father making fundraising calls following chemo treatments.

At Will’s memorial service at St. Mark’s Episcopal Cathedral in 2003, several people spoke about his life and impact, including Episcopal Homes President and CEO Marvin. After the service, Marvin approached Peter about continuing his father’s legacy of volunteer service at Episcopal Homes. But the timing didn’t work. Peter was very involved with his responsibilities as an executive at St. Jude Medical, Inc.

Meanwhile, Peter’s personal connection to Episcopal Homes continued. Peter’s Aunt Esther developed severe macular degeneration and moved into Iris Park Commons Assisted Living. Twice a month, Peter would take his toddler grandson, Owen, to visit her and together they would sit and watch the birds in the lobby display, pointing out their favorites and laughing at the ant. Sometimes Owen would play with the toy figures Esther kept especially for his visits. On nice days, they would sit outside.

“Few people have sufficient means to pay for care, let alone programs that contribute to meaning, purpose and wellbeing as they age. I am honored to serve on the board and lend my professional expertise to determine how best to engage the philanthropic community in helping seniors to thrive, not just survive.”

Prior to his joining the Episcopal Homes board in January 2017, Peter had contributed most of his volunteer time and board service focused on conservation issues. When Marvin approached him again and invited him to get involved, he was ready and excited to promote, advance and continue to serve an organization that has meant so much to him and his family.

“My family received excellent care at Episcopal Homes when they needed it. But, as important, they enjoyed the benefits of wellness, spiritual, creative and educational programs that enhanced and enriched their lives,” Peter shared.

“I am honored to serve on the board and lend my professional expertise to determine how best to engage the philanthropic community in helping seniors to thrive, not just survive.”

Among friends, which allowed Ester to age in community of care, which allowed Ester to age in community among friends. Peter appreciated the continuum moved to the Episcopal Church Home skilled nursing facility. Because of her health needs, Esther eventually moved into Iris Park Commons Assisted Living. Twice a month, Peter would take his toddler grandson, Owen, to visit her and together they would sit and watch the birds in the lobby display, pointing out their favorites and laughing at the ant. Sometimes Owen would play with the toy figures Esther kept especially for his visits. On nice days, they would sit outside.
**Creating Community; Volunteers Called to Service**

Since our founding in 1894, volunteers have helped to enrich the quality of life and make a tremendous difference in the daily lives of our elders, families and staff. Volunteers play a vital role in fulfilling our mission. In 2017, 190 volunteers donated 10,333 hours valued at nearly $285,000 in service for the benefit of our community.

Episcopal Homes recently took steps to strengthen its **Epiphany Volunteer** program, recognizing that a doubling in the number of elders served since 2015 has not only increased a need for volunteers, but also the availability of many talented community members willing to share time and talents as volunteers.

Assisting with church services, providing one on one companionship or lay ministry services, offering creative talents to extend arts or fitness programming, and bringing children and pets for visit times are just a few of the ways volunteers help enhance quality of life for community members.

One **critical volunteer need** is assisting less mobile elders in getting to and from activities. A volunteer escort can make the difference between an elder remaining socially and intellectually engaged or not.

**Marianne Kosel** knows this first hand. She began to understand this need at Episcopal Homes when her dad was a resident eight years ago. When she came to visit, she noticed some elders didn’t have visitors. Years after her dad passed away and Marianne retired from her career at Mayo Clinic, she moved back to her hometown of St. Paul and decided she would come visit as a way to help others in need. Each week, Marianne dedicates an afternoon visiting The Gardens’ resident, Helen to Catholic mass.

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**Sister Annette Legacy Society**

These individuals made planned gifts from wills, estates, trusts and other charitable vehicles.

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- The Venerable Irma Wymant

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**2017 Donor Honor Roll**

The following pages pay tribute to all those who supported Episcopal Homes through gifts to the Foundation in 2017. We offer our deepest gratitude to these donors who make a difference in the lives of patients and families we serve.

**Sister Annette Legacy Society**

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We have an urgent need for volunteers to escort elders to and from events and activities, including church services and enrichment programming. Please reach out if you or someone you know would like to volunteer! 

- Kielyn Simonson, Director of Volunteers
651-288-3688 or ksimonson@episcopalhomes.org
Sparking creativity and community through art

“Paint what you know, a favorite place that brought you joy, a pet or an animal.”

Joanie Delamater’s first-day advice guided her Playing with Paint students throughout the 16-session art course in Studio K, Episcopal Homes’ artist studio. The class is a new arts learning offering of our Creative Ventures program, and is the first of three artful aging series being offered in 2018 through a highly competitive Aroha Philanthropies grant.

Aroha Philanthropies is devoted to the transformative power of arts and creativity, inspiring vitality in those over 55. Its mission—Inspiring Creative and Fulfilling Lives—mirrors that of Episcopal Homes: Enriching Life and Building Community for Older Adults. Our shared purpose, along with the participants’ artistic potential, were actively on full display in Joanie’s class.

Student Barbara Ballou decided to paint elephants, a mother and calf. The Iowa native and Terrace resident used magazines and memories as inspiration.

When Barbara was a young girl in the early 1950s, Ringling Bros. and Barnum & Bailey Circus still traveled by train to small towns across the country. When the circus stopped in Oskaloosa, Barbara’s father would wake her up early and they would go to watch the circus set up. Barbara loved seeing the elephants use their powerful and agile trunks to erect the tents. She’s convinced the men would have failed without them.

Barbara painted her elephants in their natural habitat, not the circus. “Elephants are gentle giants, they’re intelligent, they’re good mothers, and it saddens me how much they’ve been abused throughout time.”

Barbara moved to St. Paul from Oskaloosa three years ago to be close to her daughter. She had never taken an art class before joining the Episcopal Homes community. Now, she’s enrolled in two: a watercolor class taught by Terrace resident and professional artist Lindy Westgard (see page 7) and Playing with Paint. She also participates in a weekly writing class with seasoned and emergent writers from throughout our Episcopal Homes’ community.

Like Barbara, Nancy Begin had never taken an art class before Playing with Paint. Nancy wasn’t sure how well her right hand would cooperate with the detailed work of painting. She didn’t have to worry: her friend, Doris Eide, helps out whenever she requires assistance. In class, Nancy and Doris, who both recently moved to The Gardens, sit side by side in their wheelchairs and paint.

For Doris, painting is a rediscovered passion. She took art courses in high school and dabbled on her own throughout the years. But it had been awhile. Doris said, “I like painting because it takes up a lot of time, and when you’re done—and you see what you’ve created—you feel like you can actually do something.”

Doris also enjoys connecting with residents from across Episcopal Homes through the art course, which draws residents from all levels of care. The Aroha grant funds transportation, supporting active participation of residents from any of our off campus communities.

Joanie is a certified elementary teacher, Episcopal priest and long-time Spiritual Life volunteer at Episcopal Homes with two family members residing on campus. She loves to see her students getting in touch with their creativity, overcoming initial fears and self-criticism, taking risks and creating community.

“The students are so supportive of each other,” said Joanie. “They’re always talking across the room and encouraging one another to keep going.”

Most often, people attribute potential to youth, but potential is not limited by our age! Playing with Paint provided a forum for participants to explore their potential in new ways and share newfound passions and talents with their neighbors.